

HYDROPATHY ;
OR, THE
TREATMENT OF DISEASE
BY WATER,

THE MOST EFFICACIOUS REMEDY
FOR FEVERS OF EVERY KIND.

PROVED BY THE RESULTS OF NUMEROUS CASES OF HYDROPATHIC
TREATMENT OF FEVER PATIENTS BY SOME OF THE MOST
EMINENT PRACTITIONERS IN THE COUNTRY.

PRESENTED TO THE PUBLIC BY A COMMITTEE OF
THE GLASGOW HYDROPATHIC ASSOCIATION.

GLASGOW :
GEORGE GALLIE, 99, BUCHANAN STREET.

MDCCCXLVIII.

H Y D R O P A T H Y, &c.

THE System of Hydropathy, or what is more popularly termed, The Water Cure, has now been sufficiently long before the public mind in this country and on the continents of Europe and America, to admit of its being brought to the test of public utility in the Fever Hospitals of this country. That it has received from the public generally, and from medical practitioners, that attention to which it has already demonstrated itself deserving and entitled, we believe no one will assert. It is highly gratifying, however, to the advocates of the Hydropathic system, that wherever it has received anything like a candid investigation and fair trial from the intelligent portion of the community, it has invariably commended itself to their approbation and adoption; and has proved itself the most potent agent, under Divine Providence, in the removal of some of the most inveterate diseases with which the human body is afflicted; even after every effort which medical skill could suggest had been made in vain.

It is yet matter of regret, however, that the advantages and blessings of this simple, cheap, and efficacious remedy have hitherto been chiefly, if not wholly confined to the higher and middle classes in this country, who could resort to Hydropathic institutions, or pay for private treatment, to the entire exclusion of the working classes, and especially of the pauper portion of our population. And this is the more to be deplored at the present time, when so much disease, and especially the fearful epidemic of typhus fever prevails to such an extent in this city, carrying off so many victims, and producing such an incalculable amount of destitution and human suffering.

With such convictions, and prompted by a desire to alleviate human misery, a number of gentlemen who had derived much benefit to themselves and families by attending to the Water treatment, and were desirous of seeing its advantages extended to the poorer classes of the community, met in the Eagle Hotel, a few weeks ago, for the purpose of considering what means could be adopted to effect an object so laudable. Many very interesting and rather remarkable cures effected by the Water treatment were narrated; after which, several excellent suggestions were thrown out as to what measures might in the meantime be adopted, to endeavour, if possible, to get the treatment extended to the poor; and it was ultimately resolved that, before proceeding farther, some statistical information, stating the results of the Water system in cases of fever, should be procured from medical men; and a committee was appointed for that purpose, to report to a subsequent meeting.

This committee having obtained numerous letters from some of the most eminent practitioners in this country, called another meeting, which was held on the 14th January, in the Eagle Hotel, and was numerously and respectably attended—JAMES BOYD, Esq., in the chair—when they submitted the following

REPORT OF FEVER CURES BY HYDROPATHY.

The Committee after corresponding with several of the most eminent Hydropathic practitioners in the country, have been favoured with a number of letters in reply, from which they beg to submit the subjoined

EXTRACTS.

From EDWARD FELDMANN, M.D.

CHAMBERS, 6 QUEEN STREET, GOLDEN SQUARE,
14th December, 1847.

I only treated four fever patients in the last six months, more have not presented themselves to me; and these four cases, all male, were quite re-established in a respectively short time, though one (a printer) was a very severe case, with complications.

From J. M. GULLY, M.D.

MALVERN, 15th December, 1847.

My practice of the Water cure in this place is almost entirely in cases of chronic disease; and acute cases, whether of fever or febrile character

very rarely come under my observation and treatment. During the period in which I have practised the Water treatment—now between five and six years—I have had individual cases of scarlet, common, inflammatory, typhoid, and rheumatic fevers under my care; but not in sufficient array to form any statistical statement upon. In all these forms of fever I have found the Water plan act with wonderful power in reducing the amount of feverish suffering, and increasing the amount of sleep. It also certainly shortens very much the period of convalescence, as compared with the same after the treatment by the ordinary medicinal method; I should say by three-fourths. Indeed, this is the most striking part of the results of Water treatment in fevers; but I have not found that it curtails, by any great space of time, the duration of the feverish state. At the same time, I have no doubt, but the Water treatment is a much more safe mode of treating fever than by the usual medication; and, which is much, leaves less delapidation behind it.

From W. MACLEOD, M.D., & F.R.C.P.E.

WHARFDALE HYDROPATHIC ESTABLISHMENT,
BEN RHYDDING, NEAR OTLEY, 18th December, 1847.

I have, during the last six months, attended forty cases of typhus fever, and which were all treated after the Water system. The patients were usually out of danger between the fourth and the fifth day. *None* of the forty died, and, as far as I know, *none* of them have any local ailment resulting from the attack. They were under treatment usually fourteen days or thereabouts. I may state that I always recommended patients *never* to undertake, even the gentlest occupation, until they found themselves as they were previously while in health. I think this circumstance of the first importance, as many ailments are produced, and many weaknesses continued by resuming labour, even while in moderate health, after an attack from fever. Premising these things then, I may state that, on an average, my patients resumed their duties at the end of five weeks from the commencement of the attack. I know of no treatment more certain or more rapid than the Water cure in every kind of febrile disease, whether they be contagious or non-contagious affections. And this I say, after having watched for four years the treatment of fevers in the Edinburgh Infirmary.

From ROWLAND EAST, Esq., Surgeon.

DUNOON, 18th December, 1847.

Since my return from Græfenberg, my practice has been confined to localities where typhus fever is scarcely known. I have, however, been called to two pure cases of typhus, one in Moffat, when treatment commenced in the last stage, when the surgeon of the district had given up the case. This case was perfectly successful, after ten days treatment. I was called to a second in Glasgow, in conjunction with Dr Paterson, which also did well. I have known many cases healed by others; but as yet, I never heard of failures, though perchance others may.

I firmly believe, that were it universally practised in typhus fever, the mortality would be reduced to four per cent.

From JAMES MACKENZIE, M.D.

23 ROSE STREET,
EDINBURGH, 19th December, 1847.

Since the beginning of August I have on my visiting-book nineteen cases of typhus, all of which, with the exception of one, recovered; and in every case, that utter prostration of strength, which is invariably seen where medicine has been used, was avoided. Besides the cases on my book, I have had perhaps as many more of the very poor and destitute Irish cases, so prevalent here and in Glasgow, under treatment, with a like good result. I consider the Water cure treatment of fever not only valuable as a means of cure, it is even more so as a preventive—that is, it checks the progress of the fever, when applied in the commencement of the sickening. If you would like any detailed cases I shall be happy to let you have them.

From LEOPOLD STUMMES, M.D.

ST OSWALD'S, GRASMERE, 20th December, 1847.

I must repeat, what I fully demonstrated some time ago in an official memorial to the commander-in-chief, the Duke of Wellington, for the introduction of Hydropathic treatment into the military hospitals for the cure of fevers, especially in the East and West Indies. It is the surest, shortest, and cheapest cure; takes the least time for convalescence; does not weaken the soldier; and restores him in the half of the time to duty. What I told of the soldier is even more applicable to the working-classes. Amongst the class of fevers typhus fever is included, and I must add, that I succeeded much better in curing some cases of typhus fever by Hydropathic than allopathic means; but of course, it is not at all to be concluded, that it will cure every case of typhus fever—a disease so very difficult to subdue.

From JOHN F. PAISLEY, M.D.

BOWNESS, CUMBERLAND LAKES, 22nd December, 1847.

I can only say that I have had a large number of fever cases of every type, both in the village where I am residing and in the town of Kendal, nine miles distant; all of which, with the exception of one case, has been most successfully treated, although some of them labouring under the greatest disadvantages as respected situation and the necessary attention.

The case which proved fatal was that of a young female, whose sister was taken ill the same day, and died a day before her, although treated by another doctor allopathically. But, indeed, I could not expect any other result in the case of my patient, for the fever was of such a malignant type that we could not procure a nurse to her at any price; therefore, all the poor girl secured was what I could render myself, in the midst of much professional labour, and at a most critical period I was altogether prevented (through the demands of the other sick girl of the family) from adopting the necessary treatment. Besides, I had been attending the poor girl for a heart disease for some months previous, which produced occasional faintings, through the attack of fever. I cannot

too strongly, from experience, recommend the adoption of Water treatment in all cases of fever—only, let a competent physician be procured, and let him be *fairly remunerated*. The latter course I take the liberty of suggesting, knowing that a *successful* practice makes a large demand on the time, which, I suppose, few medical men can render now-a-days without compensation.

From W. PATERSON, M.D.

141 HOPE STREET,
GLASGOW, 14th January, 1848.

My attention was first directed to the Hydropathic treatment of fevers in 1840, after my return from Demerara, where I had an opportunity of seeing the yellow fever, which was so prevalent and fatal when I was there; and I must now say, that, after having studied and practised Hydropathy for more than five years, I have not been disappointed in the opinion I was then led to adopt of its efficiency in the treatment of all kinds of fevers.

It is now five years since I have been in the practice of Hydropathy; and as the first two-and-a-half years were spent at Rothesay, which you all know to be a most healthy place, I had not frequent opportunities of treating typhus fevers. Since I have been in Glasgow, now more than two years, I must say that the prejudice against the Hydropathic treatment has been so very great, that many who were favourable to it while in health, would not allow themselves to be treated with Water when ill. It is only within these six or eight months that I have been called in to treat typhus fever. I have treated a great many cases of scarlet, gastric fever, measles, and whooping cough, besides many other simple fevers by Water, with great success; but of real typhus, I have only treated thirteen cases by the Water cure; and of these thirteen cases so treated, I am happy to say that they all recovered but one case of very low spotted typhus fever. I was called to see the patient four days after he was taken ill, when he was labouring under pressure of the brain; for, when I saw him, he could neither speak nor swallow the smallest quantity of fluid, as he had paralysis of the nerves of speech and deglutition. He was so very low that I could do nothing more than apply a very simple treatment of Water; two other doctors saw him along with me, and they both agreed that nothing could be done for him, as the pressure on the brain had been too long without any means being used.

These extracts contain the entire paragraphs of the letters which relate to the results of Hydropathy in fever, as experienced by the respective writers. And it is to be remarked that all the writers are regularly qualified medical practitioners, several of whom had attained a high standing in the profession, before their attention was directed to Hydropathy.

It will be observed that several of them state the amount of their practice indefinitely; of those distinctly stated, we have 88 cases, in which only two deaths occurred. In the Report of the Glasgow Royal Infirmary just published, we find, that of 5157 fever cases, there were cured, 4361; died, 796; being fully $13\frac{3}{4}$ deaths out of every 88, which may be stated thus—

88 cases treated by the usual medical practice,.....	14 deaths.
88 do. do. Hydropathy,.....	2 do.

But remarkable as this difference is, the speedy restoration to health and strength is still more so. In five weeks, when others are scarcely able to move about, and utterly unfit to do anything for their maintenance, the Hydropathic patient is restored to full health and strength, fitted for his usual employment, and in no danger of those attacks of consumption, dropsy, and other diseases, which carry off so many of those reduced by fever.

(Signed)

JAMES BOYD, *Chairman*.

P. LAMBIE, *Secretary*.

Several gentlemen present expressed themselves highly satisfied with the cheering confirmation of the efficacy of Hydropathic treatment of fever, furnished in the above report. It was then unanimously resolved :—That the Report now read be printed and widely circulated; especially that a copy be put into the hands of each member of the Town Council, and of the various Parochial Boards within the Parliamentary boundary of the city; and that the subject be brought specially under the notice of the City Parochial Board, with a view to induce them to consider the propriety of adopting the Hydropathic treatment in at least one of the wards of the fever hospital.

The following gentlemen were then appointed a Committee, to carry into effect the above resolution, and otherwise to carry out the object of the meeting, in whatever way might to them seem most expedient:—

Committee.

- MR ROBERT WYLIE, of Messrs Wylic & Lochhead.
- ... GEORGE M'LEOD, 30 Cochran Street.
- ... THOMAS STEVEN, 15 Hill Street, Garnet Hill.
- .. JAMES BOYD, 357 St Vincent Street.
- ... WILLIAM ANDERSON, 2 Howard Street.
- ... JAMES H. DONNAN, 14 Buchanan Street.
- .. JAMES D. DOUGALL, Argyll Arcade.
- ... ROBERT LOGAN, 8 Main Street, Anderston.
- ... LAUCHLAN MACKAY, 135 Ingram Street.
- ... ARCHIBALD HUNTER, 430 Argyll Street.
- ... ROBERT SIMPSON, 52 Candleriggs Street.
- ... JAMES ANDERSON, 46 Abbotsford Place.
- ... P. LAMBIE, 145 Queen Street.—*Convener*.

Thereafter the office-bearers of the GLASGOW HYDROPATHIC ASSOCIATION, most of whom were present, after consulting together, intimated, that as the object contemplated by the meeting came directly within the range of that association, they would take the opportunity of offering the Committee now appointed the cordial support of that institution in carrying out the laudable measures now agreed to.

The proposal having been cordially and unanimously concurred in and accepted, the meeting separated.

(Signed) JAMES BOYD, *Chairman.*

TO THE EDITORS OF THE LEEDS MERCURY.

GENTLEMEN,—Having read lately in an English paper of a case in which out of 560 emigrants sailing from Ireland to Canada in one vessel, nearly 100 died on the passage, and another 100 arrived sick of the typhus fever, I feel induced to hand you the following extract from a long-established Vienna newspaper, for your kind insertion in your extensively read journal :—

“Vienna, Dec. 10, 1847.—Allgemeine Zeitung.—We copy the following from the *Augsburgh Advertiser*.

“For some time past typhus fever has been treated successfully in our city hospital by Cold Water (hydropathy). The invalid receives during his illness *no medicine whatever*—drinks fresh cold water copiously—at the same time he is wrapped up, under medical direction, and at stated intervals, in wet sheets dipped in cold water and well wrung out—and afterwards immersed in cold water. Under this treatment (which requires no extra apparatus, except a vessel large enough to immerse the patient, and which might therefore be easily applied on board ship), the disease soon gives way, without subjecting the patient to any after ailments, such as ordinarily succeed typhus fever. The result of the water treatment has been most satisfactory in the above establishment, and the surest proof of it is to be found in the fact that one of the *most eminent* physicians of this city has lately treated a case of typhus, which occurred in his own family, in the same manner, and with perfect success.

“The simplicity of the process, and cheapness of the treatment, are also considerations on a sea voyage.

“I am, Gentlemen, yours, &c.,

“F. SCHWANN.”